

Spices are Essential to Americans' Healthy Diets

Tariffs on certain spices that can only be grown abroad – often called unavailable natural resources – could make these natural food ingredients less affordable and accessible for U.S. families.

Key Facts

- The American spice industry directly supports about 50,000 U.S. jobs and indirectly contributes to the broader food service sector, a \$1.2 trillion industry in the U.S.
- U.S. spice companies make significant contributions to a healthy and safe food supply for U.S. businesses and consumers -- spices are essential ingredients in many grocery items and virtually every home cooked and restaurant meal.
- Spices promote a healthy diet by adding flavor to nutritious foods and delivering unique health benefits.

Spice Benefits



Increases vegetable consumption across age groups, including children



Replaces or reduces added sugar, sodium, fat, and calories



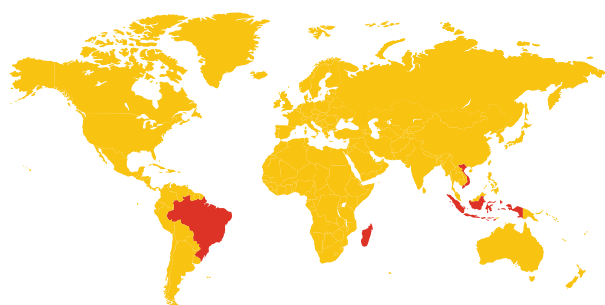
Provides antioxidant and anti-inflammatory properties



Aids weight management, gut health, cognition, heart health, and metabolism.

Did You Know?

Most of Americans' favorite spices cannot be grown at a commercial scale in the United States. Instead, they must be produced in places with tropical climates, such as Brazil (black pepper), Indonesia (nutmeg), Vietnam (cinnamon), and even Madagascar (vanilla).



Key Takeaways

- While ASTA supports a fair U.S. trade policy and efforts to increase domestic production (including domestic manufacturing with imported spices), the spice industry is working to ensure tariffs do not unintentionally harm sectors that rely on agricultural commodities that cannot be grown in America.
- Secretary of Commerce Howard Lutnick recently told Congress that unavailable natural resources, including spices, will not have tariffs.
- Such a policy would protect the U.S. spice industry and other American businesses, while keeping costs down for American families who depend on spices as part of a healthy daily diet.
- Spice affordability and accessibility are essential for American families, whether eating at home or dining out.



"Spices are not just about taste. Cinnamon helps regulate blood sugar. Turmeric reduces inflammation. Ginger aids digestion. These affordable ingredients help families eat healthier, aligning with President Trump's vision to 'Make America Healthy Again.' Taxing the very tools that promote better health undermines that goal."

– Ken Blackwell, America First Policy Institute

For over a century, the American Spice Trade Association (ASTA) has been the leading voice of the U.S. spice industry.

Learn more at astaspice.org

